

Nutrition Talk: Staying Vibrantly Healthy in Winter

This year we experienced snow a bit earlier than usual and now we have experienced the full effect of early winter. It may seem like winter is here however the first official day of Winter is the shortest day of the year, the Winter Solstice, December 21/22 – it shifts year to year. Now that we are heading towards the first official day of Winter have you wondering why colds are called “colds”?

The origin of why colds are called colds is mired in history and one culture that called the virus called colds a cold is because the body literally became cold, this is from Chinese Medicine, other places called it a cold because of the cold weather. Whatever the reason we call them Colds today and here some ways to keep your health vibrant in winter.

Stress: The bodies defences become much weaker when the body is under chronic stress. Take care of yourself. You already know what knocks the stress down in your life. If you need help perhaps a magnesium supplement or Epsom Salt Bath would be ideal or herbal adaptogens like Rhodiola which help the body deal with stress. And while on the topic of stress, stress gives an “opening” into the system to let the virus in and cause havoc.

Vitamin C: You have probably heard many times about vitamin C. Here is what you may not have heard, every persons tolerance for Vitamin C can change every day depending on, you guessed it, the amount of stress in their life. And you can't take too much if you are listening to your body. If you take too much you will get a bubbly feeling stomach and if you take WAY too much you will get diarrhea. Remember to take in divided doses all day long for best results. Note: there are multiple pathways in the immune system and body that need vitamin C.

Vitamin D: The research on this could fill Dovercourt Hall to the rafters more than once. Suffice it say that the majority of people in Canada are deficient for various reasons. The research and the Doctors practicing with high levels of Vitamin D couldn't have any clear evidence that keeping Vitamin D blood serum levels up is imperative for vibrant health.

Laughter: Another proven in Science method of keeping your immune strong is laughter. If you can't manage a smile put a pencil between your teeth and you will force the smile onto your face. No matter how you get that smile know that smiling and laughter can help to boost the immune system for up to 8 to 12 hours. Very Simple and cost effective way of staying healthy I think.

I have touched on two vitamins, one source of “entry” for viruses and one way to boost your immune system. Please join me on Wednesday December 5, 2018 for Health Talk where I will tell you what I did last year to stay free and clear of all colds and what I am doing again this year. I will also go into additional ways for you and your family to stay Vibrantly Health' this Winter.

To your vibrant health and vibrant life,
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Poling Instructor and Neighbour
Email: holisticnutrition4you@gmail.com - **share your ideas for future topics**
Instagram: [@holisticnutrition4u](https://www.instagram.com/holisticnutrition4u)



Nutrition Talk at the Hall
Nadine will host a practical discussion around improving health. First Wednesday of every month at the hall. Next talk on **December 5 @7:30 pm**
Topic: Staying Vibrantly Healthy this Winter
Free drop in, everyone welcome